

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari kajian pustaka pada 10 artikel ilmiah terkait efektivitas dan efek samping vitamin D3 pada pasien COVID-19 yang dilaksanakan mulai dari bulan Maret 2023 hingga Mei 2023 dapat disimpulkan bahwa:

1. Vitamin D3 (kolekalsiferol oral (dosis kumulatif, ataupun pemeliharaan), kalsifediol, dan kalsitriol) tidak efektif dalam menurunkan kebutuhan perawatan di ICU, dan angka kematian akibat COVID-19 dikarenakan kurangnya bukti yang mendukung.
2. Tidak ada efek samping yang terjadi terkait pemberian vitamin D3 (kolekalsiferol oral (dosis kumulatif, ataupun pemeliharaan), kalsifediol, dan kalsitriol).

5.2 Saran

Berdasarkan hasil kajian pustaka dan kesimpulan yang telah diuraikan maka dapat dikemukakan beberapa saran sebagai berikut:

1. Perlu dilakukan penelitian mengenai efektifitas dan efek samping vitamin D3 (kolekalsiferol oral (dosis kumulatif, ataupun pemeliharaan), kalsifediol, dan kalsitriol) dengan penggunaan dalam jangka waktu yang lebih lama, serta partisipan yang lebih banyak.
2. Perlu dilaksanakan penelitian untuk mengetahui faktor resiko yang dapat memicu kejadian hiperkalsemia.

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